

To read more about our Martial Arts classes, please view our detailed descriptions online at www.CarlsbadConnect.org.

Karate ♥

Karate: After School Level I

Students will learn combination kicks, blocks and punches of Shito-Ryu style karate. Students will also learn katas and advance through a belt structure. Good choices and behavior are taught along with respect and discipline. Karate uniforms are required and may be purchased from instructor. Age overrides are not permitted for this program.

Calavera Hills Community Center: Activity Room

Instructor: Leah Snead

Age: 5Y - 10Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
53308	4:30-5:30pm	M	Jun 4-Jul 9	6c	\$75/\$85
53309	4:30-5:30pm	M	Jul 16-Aug 20	6c	\$75/\$85

Karate: After School Level II

This class can help your child develop respect, patience self-confidence, improves flexibility and coordination. Level II teaches self-defense techniques and katas used in the style of Shito Ryu. Students will progress through a belt structure and have the opportunity to compete in tournaments.

Harding Community Center: Recreation Hall

Instructor: Leah Snead

Age: 5Y - 10Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
53311	5:45-6:45pm	W	Jun 6-Jul 11	5c	\$85/\$95
53312	5:45-6:45pm	W	Jul 18-Aug 22	6c	\$85/\$95

Karate: Japan Karate Federation ♥

Adult: Beginning/Advanced

As a beginning student you are introduced to training in an authentic martial arts environment. Introduction to Kobudo and Jui Jitsu offers you an opportunity to train in multiple martial arts. As you progress in skill, knowledge and conditioning, you will learn more advanced forms, sparring and self-defense techniques.

Stagecoach Community Center: Activity Room

Instructor: Sean Langlais

Age: 12Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
53314	8:00-9:15pm	M/W	Jun 27-Aug 25	25c	\$75/\$85
	10:00am-1:00pm	Sa			

Youth: Beginning and Advanced

JKF provides training in an authentic martial arts environment as you learn karate techniques. Through discipline and perseverance you progress through the ranks. As you progress in skill, knowledge and conditioning, you will learn more advanced forms, sparring and self-defense techniques.

Stagecoach Community Center: Activity Room

Instructor: Sean Langlais

Age: 6Y - 12Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
53317	7:00-8:00pm	M	Jun 25-Aug 25	25c	\$69/\$79
	6:45-8:00pm	W			
	9:00-10:00am	Sa			

Karate: JKA Shotokan ♥

Beginning

Introduces students to basic karate techniques and forms for self defense that build strength, coordination and flexibility. Special emphasis is placed on providing tools for developing self discipline and confidence, along with skills for dealing with peer pressure, conflict and bullying.

Harding Community Center: Auditorium

Instructor: Kevin Warner Carlsbad Shotokan

Age: 5Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
53320	4:00-4:45pm	M	Jul 2-Aug 25	16c	\$96/\$106
	8:30-9:30am	Sa			

Intermediate/Advanced

Develop a mastery of basic techniques while introducing advanced ideas and techniques for sparring and self-defense. More intense training allows students to increase their physical, mental and emotional endurance.

Harding Community Center: Auditorium

Instructor: Kevin Warner Carlsbad Shotokan

Age: 7Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
53323	4:45-6:15pm	M	Jul 2-Aug 25	23c	\$120/\$130
	5:15-7:15pm	W			
	10:00-11:00am	Sa			

Kendo Japanese Swordsmanship ♥

Basic and Advanced

Kendo began in ancient Japan as a method of combat. The purpose and methods have changed with society, but Kendo continues developing character, self-discipline, respect and physical fitness. Practice includes basic footwork and sword technique the first 90 minutes. During the final hour advanced students wear armor and practice technique matched with a partner.

Harding Community Center: Recreation Hall

Instructor: Ted Mason

Age: 8Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
53324	3:00-5:30pm	Su	Jun 24-Aug 12	8c	\$40/\$50

Soo Bahk Do ♥

Basic and Advanced

Soo Bahk Do is a Korean Martial Art practiced today as a method of self-defense and exercise which has been in existence for centuries. It develops coordination, muscle conditioning, discipline, self-control, confidence and self-respect. Students may achieve a high level of mental, spiritual and physical well-being. (Advance students practice final 30 minutes.)

Calavera Hills Community Center: Activity Room

Instructor: Ted Mason

Age: 8Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
53325	6:30-8:00pm	Th	Jun 28-Aug 16	8c	\$40/\$50
53326	1:00-2:30pm	Sa	Jun 23-Aug 11	8c	\$40/\$50
53327	1:00-2:30pm	Sa	Jun 23-Aug 16	16c	\$80/\$90
	6:30-8:00pm	Th			

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